

Lloyd Park

Sharing Heritage Group



A Celebration of Lloyd Park



Lloyd Park Sharing Heritage is a weekly group for over-50s.



LOTTERY FUNDED



Waltham Forest

Lloyd Park Sharing Heritage Group (LPSH)

Lloyd Park Sharing Heritage is a welcoming and diverse group for residents of Waltham Forest who are over 50. Since July 2013 we have met weekly on Wednesday mornings in the community bowls pavilion in the park.

Our inspiring leader is Ellie Mortimer who works for Waltham Forest Council as the Lloyd Park Community Project Co-ordinator. Over the last three years Ellie has produced a programme of activities which have taught us about the heritage of Lloyd Park and allowed us to participate in creative projects which reflected both its social and natural history. This booklet records some of what we have learned and the variety of art and craft projects which we have enjoyed.

We also enjoy good company, make friends and share refreshments.

New members are always very welcome.

To find out more contact Ellie on 020 8496 2822

ellie.mortimer@walthamforest.gov.uk

www.walthamforest.gov.uk/lloyd-park

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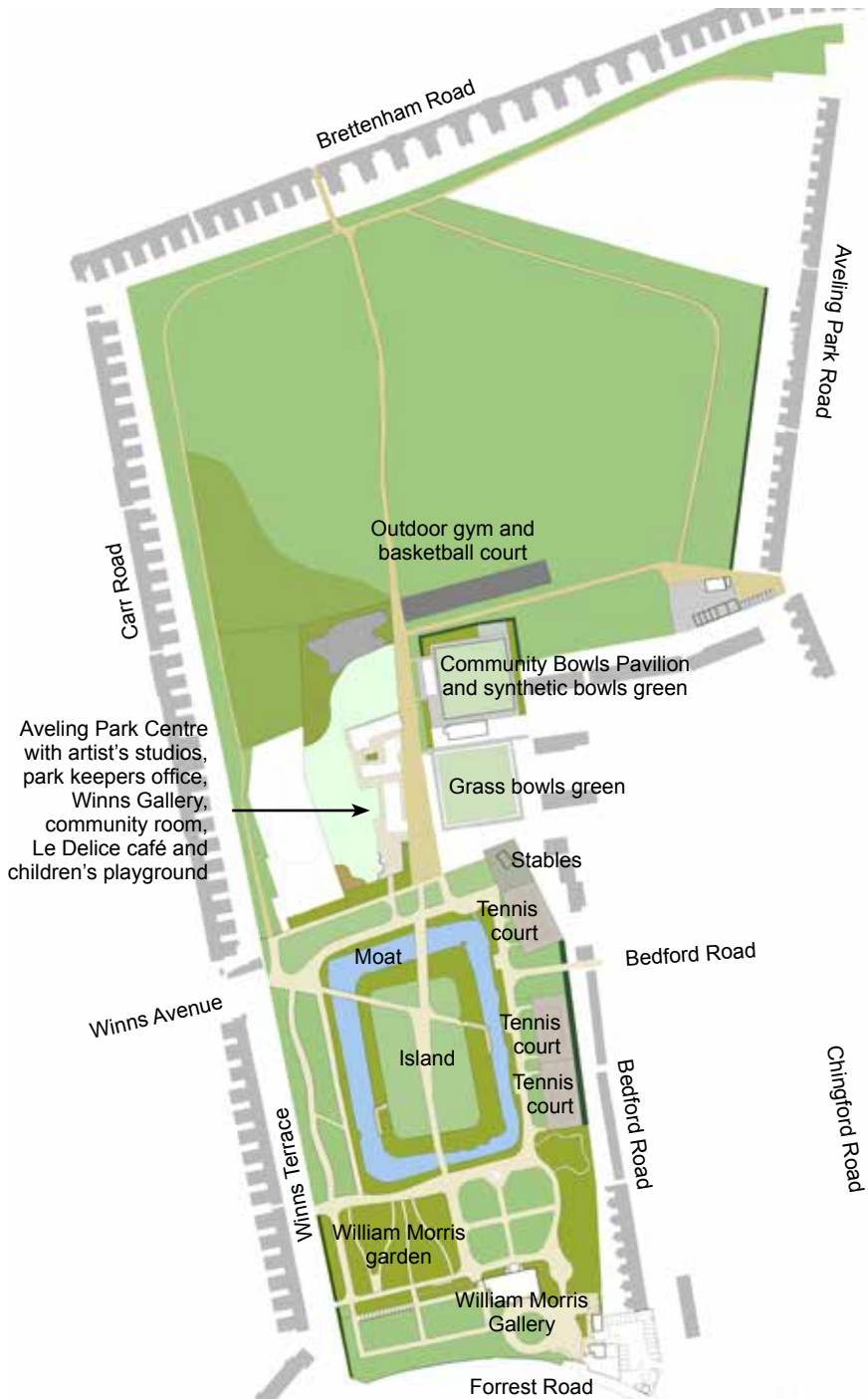
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LPSH group was initially funded by the Heritage Lottery Fund jointly with the London Borough of Waltham Forest. Waltham Forest Council continues to support us.



Lloyd Park

In 1898 Water House and its gardens were donated to Walthamstow Urban District Council, for the benefit of local people, by the Lloyd family.



When the park opened in July 1900 there were terrace gardens, a fountain, a refreshment kiosk, a sports pavilion and a bandstand on the island. In 1905 a further

bandstand was placed on the lower field and Walthamstow Avenue Football Club had a pitch in the park. In 1912 Aveling Fields were purchased and tennis courts and a bowling green were added.

In August 1917 a bomb was dropped on Lloyd park in one of the first Zeppelin attacks. In the 1930s a children's playground and the much loved concert pavilion on the island were installed. From 1947–1960 prefabs stood on the right hand side of the lower fields to house people whose homes were bombed during the war.

After being used as offices and a clinic, the house was opened as the William Morris Gallery in 1950. The pavilion on the island was improved and it became the Theatre in 1972. In 2012 it was removed as part of the restoration

2010–2012 park restoration

Bids for funding from the Heritage Lottery Fund and the Big Lottery Fund to improve the park and gallery were successful and work took place in 2011/2012. A revitalised park has emerged with an award winning museum in the house.

Lloyd Park now has terraced gardens, a William Morris inspired garden, a large children's play area, a café, two bowling greens, an outdoor gym, tennis courts and new trees planted in conservation areas. The park is cared for by a very busy team of gardeners and has won a Green Flag Award annually since the restoration. Details of volunteering opportunities and organisations operating in the park are given on the back cover.

The History of the House and Gardens

It is probable, but not confirmed, that the moat and island were originally the site of a medieval house. References to the Wynnes as a property in Walthamstow begin to appear in local documents in 1580. The property later became known as the Winns.



Map dated 1864

The current house, named as Water House on a map in 1777, was probably built around 1750 and extended and altered since. It was one of many country houses that stood along Clay Street, which is now Forest Road.

Its most famous resident was William Morris (1834–1896). He lived there as child, with his widowed mother and family, between 1848 and 1856. He loved observing the wildlife, playing knights on the island and boating on the moat.

In 1857 Edward Lloyd bought the estate and he lived there with his family of 18 children. He was a successful publisher, building his own paper mills and producing newspapers. He was also famous for publishing stories in weekly instalments, costing only a penny, to be affordable for all. Joy Vick, great, great grandchild, descended from Edward's youngest son Percy Lloyd, spoke to us about her family.

In Victorian times Walthamstow changed rapidly, with the opening of the first railway in 1870, and housing development. The population grew from 7,137 in 1861 to 96,720 in 1901. The house was no longer a quiet country property.

In 1898, after Edward Lloyd's death, his son Frank generously offered the house and gardens to Walthamstow Urban District Council as a gift for the benefit of local residents. The Council purchased additional adjoining land and the remainder was sold to Sir Thomas Courtney Warner who built the Warner Estate.



Edward Lloyd

Halcyon Days

Sparkling July sun splashed morning time
Warming thin weary smiles
populace donned summer stylee, floppy hats decorating heads
some worn at raffish angles

Our group met and opened doors
allowing playful breeze to pass through
Lightly dancing amongst us
before waltzing out again.

On a table amid attendees
rescued bottles and small ceramics stood
Discarded relics of decades long ago
found north of Lloyd Park's basket ball court

We decided to give them meaning
Bringing them into the present
So we washed them to restore
sparkle colours, to make them useful once more

We decorated the bottles with flowers
delicate and robust together
Dress rehearsal for their display
adding more interest to our Wednesday

Before our eyes they glinted
as sunlight splashed against their reflective
showing that still life is effective
adorning colours of multi hues

One bottle, smooth, stout and brown
compared favourably to me
Another, inscribed Whites, Camberwell
brought back memories of halcyon days
spent in parks, Ruskin and Vestry Road

Walking, I saw flitting gossamer wings
could it be that rare visitor
Nymphalis antiopa or Camberwell beauty
Such a nice morning spent with friends.



© Fitzroy Johnson

Our Then and Now Exhibition

In April 2015 the Sharing Heritage group took over the Winns Gallery to celebrate our involvement with the park.

Our group wanted to share with the people of Waltham Forest the vast range of activities we had enjoyed since July 2013. This very well attended exhibition was the culmination of our diverse projects. We worked alongside many local artists who shared their skills with us.

"It's lovely to see our history brought to life like this."

A quote from a visitor.



The Fallen Elm – then and now



On March 1st 1949 an old elm tree damaged by Dutch Elm disease fell in front of the house. Fortunately it happened at 4.45am and no one was injured. In the photograph Mr Arnold the Parks Superintendent watches his workers cut it up with hand saws.



Our photo is of the team of park keepers today working around large tree trunks left on the playing fields for the enjoyment of young climbers.

Feeding the Pigeons – then and now



Feeding the pigeons has been a popular activity throughout the life of the park. Originally there was a pigeon house on the island. We learned about pigeons in the Sharing Heritage Group.



Don't forget that white bread is not good for pigeons or ducks. It is much better to feed them bird seed. Our photographs were taken by Amanda Eatwell www.amandaeatwell.com

Animation film

'Cockney Sparrow' is the title for our film. We worked with animators, Salamagundi www.salamagundifilm.co.uk, who guided and taught us techniques to produce our own film. The content reflects our thoughts and ideas about the park, its users and the activities taking place here today. The film was our first major project and can be seen on www.walthamforest.gov.uk/lloyd-park go to films, then Lloyd Park Sharing Heritage



Printed banner

To create our banner we used painting, intaglio printing and mono-printing with leaves from the park. We hoped to reflect the inspiration William Morris found in nature. We also used screen printing with paper templates and photographic screen printing.

Anna Alcock from Inky Cuttlefish Studios at Gnome House, Blackhorse Lane, guided us through the process.

www.inkycuttlefish.com

Bird boxes

We made bird boxes which you can see sited around the park. Full instructions for making your own bird box can be found on:

www.rspb.org.uk/makeahomeforwildlife/advice/helpingbirds/nestboxes/smallbirds/making.aspx

Bottles

A number of old bottles were unearthed in the park, during the regeneration works in 2012, from Aveling Fields near the site of war time pre-fabs and a rubbish dump.

They were displayed in our exhibition with dried flowers and seed pods from the William Morris garden.



Woodworking

Bodging – We learned how to turn green ash wood on a pole lathe to create decorative patterns. Originally chair legs were made in this way by bodgers who lived and worked in woodlands, making up to 100 chair legs each day.

Spoon making – We carved our spoons from various types of wood. Spoons were often made from ash, cherry, lime or yew wood. All these trees are around us in the park today. Hand carved spoons were a traditional wedding gift in Scotland and Wales.



Besom brooms – The old craft still survives. Our brooms were made using handles of coppiced hazel and small lengths of leafless twiggy birch known as brash. In the past heather or broom were often used to make softer brooms to be used indoors. Our workshop was led by [Wayne Jones www.forestknights.co.uk](http://www.forestknights.co.uk)



Victorian Cards and Dried Pressed Flowers

Early Christmas cards were not religious and did not have wintry scenes. We created handmade cards using dried flowers from the William Morris garden. Making similar cards was very popular in Victorian times. To make your own cards and information on dried and pressed flowers, follow the link:

www.finegardening.com/pressing-flowers



Working with Willow

At Christmas time we made willow wreaths decorated with dried flowers and herbs. In Victorian times they were a popular decoration and often scented with lavender.

This workshop was run by Angela, a local artist from the Twisted Stocking Theatre Co.

To make your own willow wreaths follow the link:
www.hubpages.com/art/how-to-make-willow-wreath



The sound track from our animated film **Cockney Sparrow Tweets**

Are you going somewhere in the borough
my little cockney sparrow
Well, to be honest, I'm spreading my wings
to a pleasant and, at times, a tranquil place
to eat some grub amongst other things

Where do you find such a space
Get this, for a lark,
I'm diving down to Lloyd Park
But what is it like
To me, it's a place of wonder sometimes,
I watch first light adorn the tops of limes,
willows swaying with the rustle of wind,
majestic giant oaks and London planes
See the sun glint on lush verdant grass
this is somewhere not to pass

Tell me more, it intrigues
Let me explain, humanity skate, run
use the outdoor and green gym
ride bikes, sit, play games, picnic
riders of mobility scooters
daily jogging commuters
toddlers safely romping and quiet gardens
young and mature acting with decorum
This panoply sounds truly awesome.





Can you picture the scene
I'm sitting on top an Indian bean
with it's dangling dreadlocks of long dark pods
later, flirted in a tree of heaven
I've dallied down by the moat
where squat ducks quack and float
No – you don't say
The very moat where Morris used to play
and pass the time of day

Wait there is much more
personally, this is what I adore
Watching people, bowl, play tennis
looking after the trees
tending the plants on bended knees.
that is where I get my feast
my little green jewel in London east.

In the evenings you should hear the choir
The rattle of magpies, the cooing of pigeons
preening our feathers to admire,
chit-chat and calls to each other
a mellow cacophony of vibrations
You might say a social gathering
Ah those pigeons are so ubiquitous
Yes – man twitter ain't got nothing on us.

© Fitzroy Johnson

Natural History in Lloyd Park

The William Morris Garden

This lovely garden in Lloyd Park was inspired by the work of William Morris the designer, craftsman and thinker who lived in the house between 1848 and 1856. His work is on display in the Gallery.



There are four paths running across the garden celebrating four strands of William Morris's work. His social ideas, his aesthetics, his design genius and his passion for preserving cultural heritage.

All the plants have been specially chosen to provide interest and beauty throughout the seasons and to mirror motifs in Morris's life.

The garden is worth visiting all year round, with benches provided to sit and enjoy the sight and perfumes of the plants. The garden is especially abundant and glorious in high Summer.



There are textured plaques throughout the garden which help to identify the plants and invite you to make a rubbing of them.

Many of Morris's designs for fabric and wallpaper were based on themes from the natural world and can be identified from the flowers in this garden.

See if you can find Rose, Artichoke Thistle, Lily, Iris, Strawberry and Anemone in the garden and the link with Morris's Art.



From left to right: Vincent, Luke, Keiran, Desmond and Ray

Park keepers

Lloyd Park is the only park in the borough to achieve the prestigious Green Flag award. The Green Flag scheme was launched in 1996 to recognise and reward the best green spaces in the country.

Luke is the head gardener at Lloyd Park. His team of workers include an apprentice gardener and three park-keepers. The familiar faces of Vince, Des, Ray and Keiran join Luke to make Lloyd Park a welcoming and safe space for you to relax, enjoy and have fun. The team's duties include litter picking, checking the gym and play equipment, reporting any problems, carrying out any repairs, planting the beds and looking after the grounds.

Luke and his team take pride in their work. They wish to extend a welcome to everyone to come and enjoy this beautiful and happy green space.

Looking After Our Bees



Bees

Britain has more than 250 species of native bees but up to 25% are now endangered due to loss of suitable food plants, nest sites and increased pesticide use. Bees are essential for pollinating many flowers and food plants.

Honey bees, bumble bees and stingless bees live in a colony with a Queen, who lays the eggs, and workers who look after them. However, 90% of our bee species do not live in colonies and are called solitary bees.

Solitary bees

Each female lays her eggs individually in a nest in hollow stems or cracks and crevices in wood, masonry or the ground. She gathers nectar and pollen as food and places some with each egg. This is then sealed in with mud and left to hatch into a grub which will eat the food and develop into an adult bee. We can help by providing nest sites.

Common solitary bees are mason bees, miner bees, sweat bees, wool-carding bees and carpenter bees. They may be black, blue, red or bright metallic green. Some have developed to resemble wasps.

Every month through the summer our group walks around the park recording bumble bees for the Bumblebee Conservation Society.

To make a home for the eggs and larvae of solitary bees

Create a waterproof container about 15 cm deep; this can be a simple plastic bottle or a wooden box.

Collect tubes from hollow stems, reeds or bamboo canes with the hollow about 6-10 mm in diameter and cut them slightly shorter than the container. Pack the tubes firmly leaving the container with a short overlap in front to protect the entrances from rain.

Bees will find the tubes and lay their eggs on a summer day. They then seal the tube with mud and leave the young bee to grow and emerge. The tubes will not be used again in subsequent years.

Or drill holes 6-10 mm in diameter and as long as your drill bit allows in untreated soft wood, sloping them very slightly upwards to allow for drainage.

Place the bee home at least 1.5 metres above the ground, in full sun and sheltered from wind. Bottles can be hung horizontally from branches.

www.foxleas.com/make-a-bee-hotel.asp

www.bumblebeeconservation.org

www.foe.co.uk/page/bee-cause



A bee on the flowers in the William Morris garden

Birds in Lloyd Park

Common Swift

This migratory bird comes to Britain in the Summer for three months and then returns to South Africa – a flight of 4,000 miles each way. They are dark brown in colour with a slightly paler throat, long, narrow wings, which are swept back, and a short, slightly forked tail; their call is a piercing scream. They are about 16-17 cm long with a wingspan of 38-40 cm.



Swifts nest in holes, often in old buildings or bird boxes and stay with the same mate for life. They spend most of their life flying and only land to nest. They eat insects and can catch up to 20,000 a day. They can fly up to 70 mph and up to a height of 10,000 feet at night-time. To see swifts over Lloyd Park, try the entrance from Brettenham Road.

House Sparrow

House sparrows do not migrate. They are small birds measuring about 16 cm in length with a wingspan of 19 to 25 cm. Their feathers are brown, black, white, grey and buff and their beaks short. The male has a grey head and black bib. House sparrows make a short, chirping call. They mostly live in areas also inhabited by humans and are native to most of Europe, the Mediterranean and Asia. Sparrows eat mostly seeds and some fruits and berries. They feed their young on insects and often build their nests in crevices in houses or bird boxes. The sparrow population has declined an estimated 70% in recent years due to loss of habitat and food supplies, predators and pollution. Sparrow friendly plants are growing near the wetland area to provide a source of seeds during the winter.



Pigeon

There are many varieties of pigeon but the one we are used to seeing is the feral pigeon which is a flocking bird inhabiting cities in large numbers all over the world. Their body feathers are usually light grey with black markings, a darker head and iridescent green at purple colouring at the neck (although it is possible to see a completely white pigeon). Also you might see a wood pigeon which has a white ring at the back of its neck. They are about 32-37 cm long with a wingspan of 64-72 cm.



Feral pigeons eat grass, seeds, berries and insects and scraps of food discarded by humans. Their favourite nesting places are abandoned buildings and the females may lay eggs up to six times a year. They are always around in Lloyd Park.

Goldfinch

These beautiful birds are tiny at only 12cm long. They have yellow and black wings and striking red, white and black head markings. They are commonly seen in small family groups feeding on the seeds of thistles, teasels, dandelions and ragwort. Leaving some of the flowers in the park to go to seed may look a little untidy but it is excellent for encouraging wildlife. Goldfinches also catch insects in the summer and will visit special bird feeders designed for nyjer Seed. Some goldfinches migrate in winter to Europe but many remain if food is available. Look for them on the seeds growing near the wetland area.



Why not make your own nest box to help some of our native species to continue to survive? Detailed instructions and bird identification information can be found on the website of the Royal Society for the Protection of Birds www.rspb.org.uk

The Moat and the Water Birds

The moat and island create a very special feature in Lloyd park. Resident water birds include:

Moorhens are identified by the red bill and forehead and their large greenish yellow legs and feet. These enable them to walk on water weed. They often feed on land, scratching and pecking at the ground like hens but breed on the water with their nests often protected from predators by being built on small promotories or islands.



Mallard Ducks These common ducks are identified by the colourful males. The plumage on their heads can appear green or purple. The females are mottled brown for camouflage when sitting on their nests.



Canada Geese Originally brought to Britain as ornamental birds they now live here all the year and are very common near water. They graze on grass on the banks and there is often a family of goslings in spring in the park.



Don't Forget – We know that children love to feed the ducks but bread, especially white bread, is bad for them. It does not provide the nutrients they need and pollutes the water causing algae to discolour it. Please buy the duck food sold in the café or shop outside Winns Avenue entrance.

The Moat

This distinctive area of Lloyd Park has been here since Medieval times. It is surrounded by beautiful trees and the three bridges allow easy access to the island. Recently water plants have been planted to help improve the water quality.

Pond dipping is arranged for families and children from local schools and reveals a healthy mix of pond life.

For details of family activities see the 'Events in the Park' leaflets. www.walthamforest.gov.uk/lloyd-park



Butterflies in Lloyd Park

Speckled Wood The Caterpillars feed on grasses and can survive the winter here. The butterflies appear from April to September. They can have several generations through the summer. In Lloyd Park they are often seen on sunny days in the trees behind the wetland area.



Red Admiral They migrate northward in spring and early summer from North Africa and continental Europe with a few overwinter here as butterflies sheltering in buildings. New butterflies emerge from about July onwards and continue flying into October or November. Their caterpillars feed on nettles.



Small Tortoiseshell Small tortoiseshell butterflies survive over winter here and can be seen at any time of year if the weather is warm. They are especially common from March to September and often have two broods. The caterpillars are small and black and feed on nettles.



Common Blue These butterflies are seen from May to early August and their caterpillars feed on a small grassland plant called Birds Foot Trefoil. The males wings are blue above and browner with black and white spots below. Females are brown.



Look for butterflies in the flower beds and the uncut, wild flower areas on the mounds.

www.butterfly-conservation.org

www.britishbutterflies.co.uk

Dragonflies and Damselflies in Lloyd Park

Identification

Dragonflies are usually larger than damselflies. They are creatures of the sun. They can be seen in Lloyd Park on any warm day between April and October but most commonly at the height of Summer. The presence of dragonflies and damselflies is a valuable indicator of good water quality.

Emperor Dragonfly

The Emperor Dragonfly is Britain's largest dragonfly and has been seen hovering over the moat and gardens in Lloyd Park. The males have a bright blue abdomen and the females are mainly green. They are a spectacular sight on a sunny day.



Broad Bodied Chaser

The Broad Bodied Chaser is one of the commonest dragonflies to be found around the moat in Lloyd Park. It has a distinctive broad flattened body. The male has a powder blue body with yellow spots along the side and a dark thorax. The female is greeny brown.



Large Red Damselfly

The Large Red Damselfly is one of only two red damselfly species in the UK. The male has an all red abdomen. The amount of red and black on the female's abdomen varies with some forms appearing almost black.



Azure Damselfly

The Azure Damselfly is one of the most commonly seen blue damselflies. They are electric blue with some black along the body, but definite identification requires a good look at the shape of the black mark just below where the wings join the body. The black mark is U shaped. www.british-dragonflies.org.uk



British Bats in Lloyd Park

There are 17 different species of bat breeding in the UK, three of which have been found in Lloyd Park: the common pipistrelle, the soprano pipistrelle and the noctule. Bats eat insects. They use lines of trees and hedges as cover and can be glimpsed overhead if you walk at dusk in summer around the lines of lime, London plane and orchard trees in the park.



A pipistrelle would be small enough to fit inside a matchbox

Pipistrelles are the most common British bats, they weigh only 5 grams and can eat 3,000 tiny insects in a night. They navigate and hunt for insects in the dark using echolocation. To do this they send out sound waves from their mouth or nose which then produce an echo when they hit an object or insect, letting the bat know where it is.



Bat numbers in the UK have declined in recent years due to loss of habitat, light pollution and use of pesticides. Making a bat box for the females to roost in during the day and successfully raise their young is a very valuable way in which you could help the bat population. Look out for the bat boxes that have been put up in some of the tall trees in Lloyd Park and check out how to do this at The Bat Conservation Trust website: www.bats.org.uk

Trees in Lloyd Park

There are many notable trees in the park, including the oak at the Forest Road gate, the very ancient yew beside the William Morris Gallery and the lime avenue stretching across the playing fields. A favourite for many is the magnificent plane tree below the William Morris gardens. Non-native trees planted as features include a Judas tree, an Indian Bean tree on the right of the gate by the house, and a Eucalyptus tree in the William Morris gardens.

As part of the recent refurbishment new native trees have been planted in the nature area and on the far right of the playing fields. These are flourishing and will eventually make small coppices with wild flowers in season.

The Sharing Heritage Group celebrated National Tree Week in December 2015 by decorating a tree in the park.



www.treecouncil.org.uk/Take-Part/National-Tree-Week

To identify trees, see:

www.woodlandtrust.org.uk or www.nhm.ac.uk

A Tree Trail in Lloyd Park

- 1 Oak** Slow growing and very long lived, oaks have been valued for centuries for their wood for building houses, barns and ships. They are easily identified by their lobed leaves and by the acorns produced in autumn.



- 2 Yew** This evergreen is another slow growing and long lived tree which is said to symbolise immortality and is often found in churchyards. Yew wood was traditionally used to make long bows. All parts of the yew are poisonous and a chemotherapy agent has been extracted from it.



- 3 Indian Bean Tree** Originating in South-eastern America, it has heart shaped leaves, large white, yellow or purplish flowers in July, and long seed pods which contain inedible seeds not beans! It is a popular parkland and street tree.



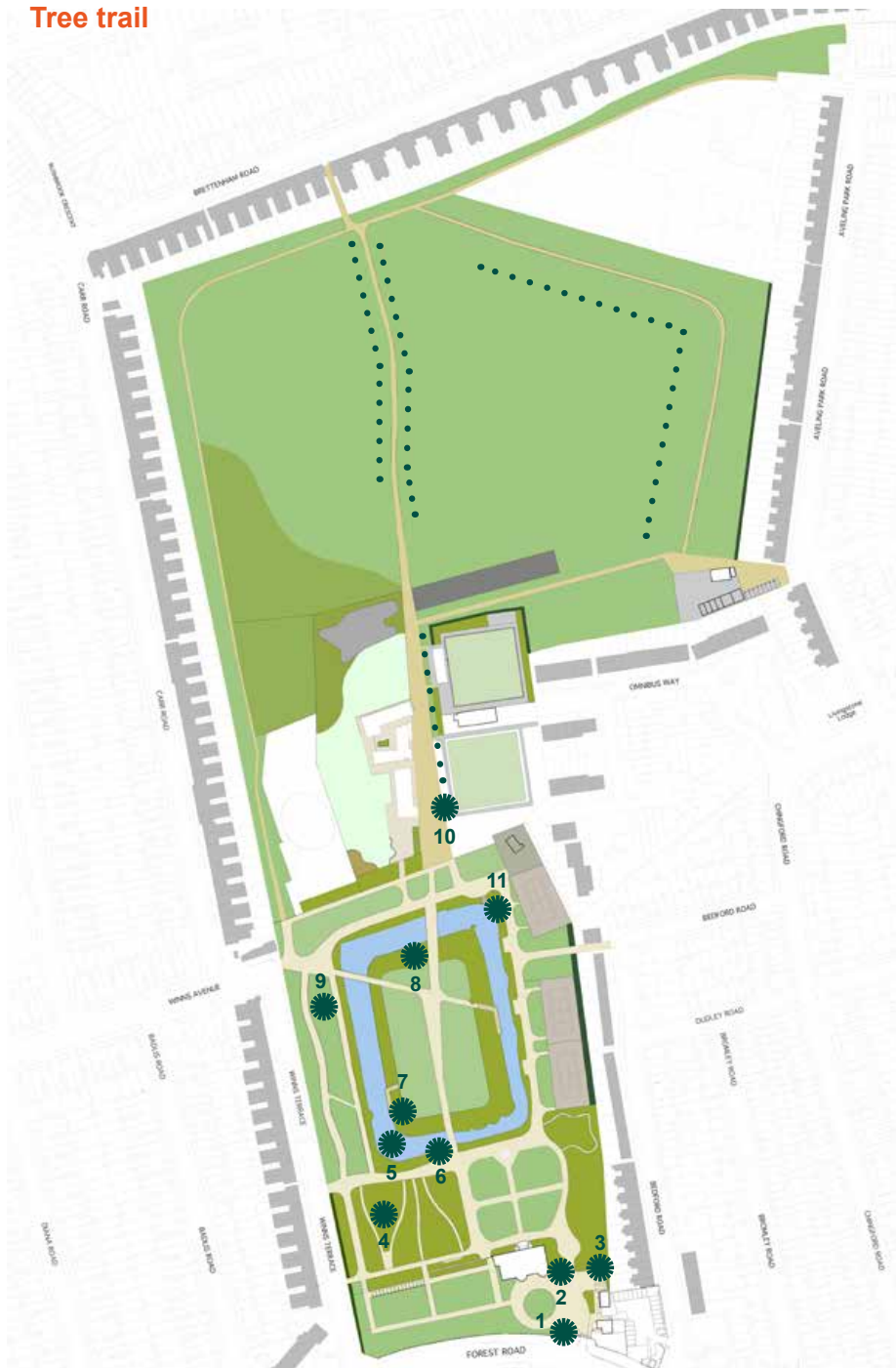
- 4 Eucalyptus** This dramatic evergreen tree sheds bark every year and produces oil from numerous glands on its leaves. The oil makes a natural disinfectant. Most species originate in Australia and are the food source for Koala bears which are the only animals able to digest the leaves.



- 5 Weeping Willow** This beautiful tree originates in China but is commonly planted in parkland in England. They are said to have been traded along the Silk Road and to have been valued to shelter land around oases in the Gobi Desert. There are numerous species of British native willow which produce wood for cricket bats and baskets. The use of the bark as a source of aspirin-like medicine was first described in Ancient Egypt.



Tree trail



6 London Plane This magnificent tree is possibly 200 years old, and it has now grown around the fence below. Plane trees are tolerant of smoky city atmospheres and lose the pollutants as they shed their bark. This makes them very popular as urban street trees.

7 Copper Beech Cultivated from common beech this tree has purple leaves which turn a beautiful copper colour in autumn. Beech wood is fine grained and hard and is used for chairs, flooring, tool handles and fire wood.



8 Horse Chestnut This chestnut has nuts called 'conkers' which are poisonous! Children have traditionally played a game in autumn with conkers threaded on a piece of string. One is swung to hit another until one shatters. Horse Chestnut wood was traditionally used to make trays and toys.



9 Tree of Heaven This Chinese tree has attractive flowers and winged seeds. It is short lived and fast growing, the quick growth causing the undulations that can be seen on the trunk. Its use has been recorded in ancient Chinese medicine and it is still used today, mainly as an astringent.



10 Lime Avenue This avenue of lime trees marks an old field boundary and looks particularly impressive in spring when the light green leaves first appear. The flowers are used to make a refreshing tea and the new leaves can be eaten in a salad. Lime wood is used for carving, wooden spoons and musical instruments.

11 Silver Birch This is another beautiful tree with silver bark, drooping twigs and delicate catkins. Birch is a common native woodland tree. It is used in charcoal making and the sap can be made into a sparkling wine.





The magnificent London Plane



The Lime Avenue

Things to do in the Park

Exercise classes – a great variety at
www.ourparks.org.uk/borough/waltham-forest

Aveling Park Bowls Club www.bowlsclub.org/club/2717

Walthamstow Borough Bowling Club www.bowlsclub.org/club/2843

Tai Chi for women and seniors 07713152999 www.daolu.co.uk

Lloyd Park Sharing Heritage Group, contact Ellie on 020 8496 2822
ellie.mortimer@walthamforest.gov.uk

Walk for Women, contact Ellie on 020 8496 2822
ellie.mortimer@walthamforest.gov.uk

Volunteer Gardening, contact Ellie on 020 8496 2822
ellie.mortimer@walthamforest.gov.uk

Gardening Courses – City and Guilds accredited and workshops,
contact gardeninginthepark@gmail.com

Better Together, a social group for people with enduring mental
health challenges, contact Evan on 07873 968883

Green Gym and Nature Conservation Volunteering, contact Gareth
on 020 8533 8022 www.tcv.org.uk/london/waltham-forest

Nature Explorers for Under 5s, Schools Programme, Family
activities and walks and talks for adults, including bat walks, dawn
chorus walks and pond dipping, contact Vicky on 07870 678571
v.peet@tcv.org.uk or www.walthamforest.gov.uk/lloyd-park
See 'Events in the Park' leaflet

Organisations

Friends of Lloyd Park www.friendsoflloydpark.org.uk

Friends of the William Morris Gallery www.friendsofthewmg.org.uk

The William Morris Gallery www.wmgallery.org.uk

Le Délice Café www.ledelicee17.co.uk